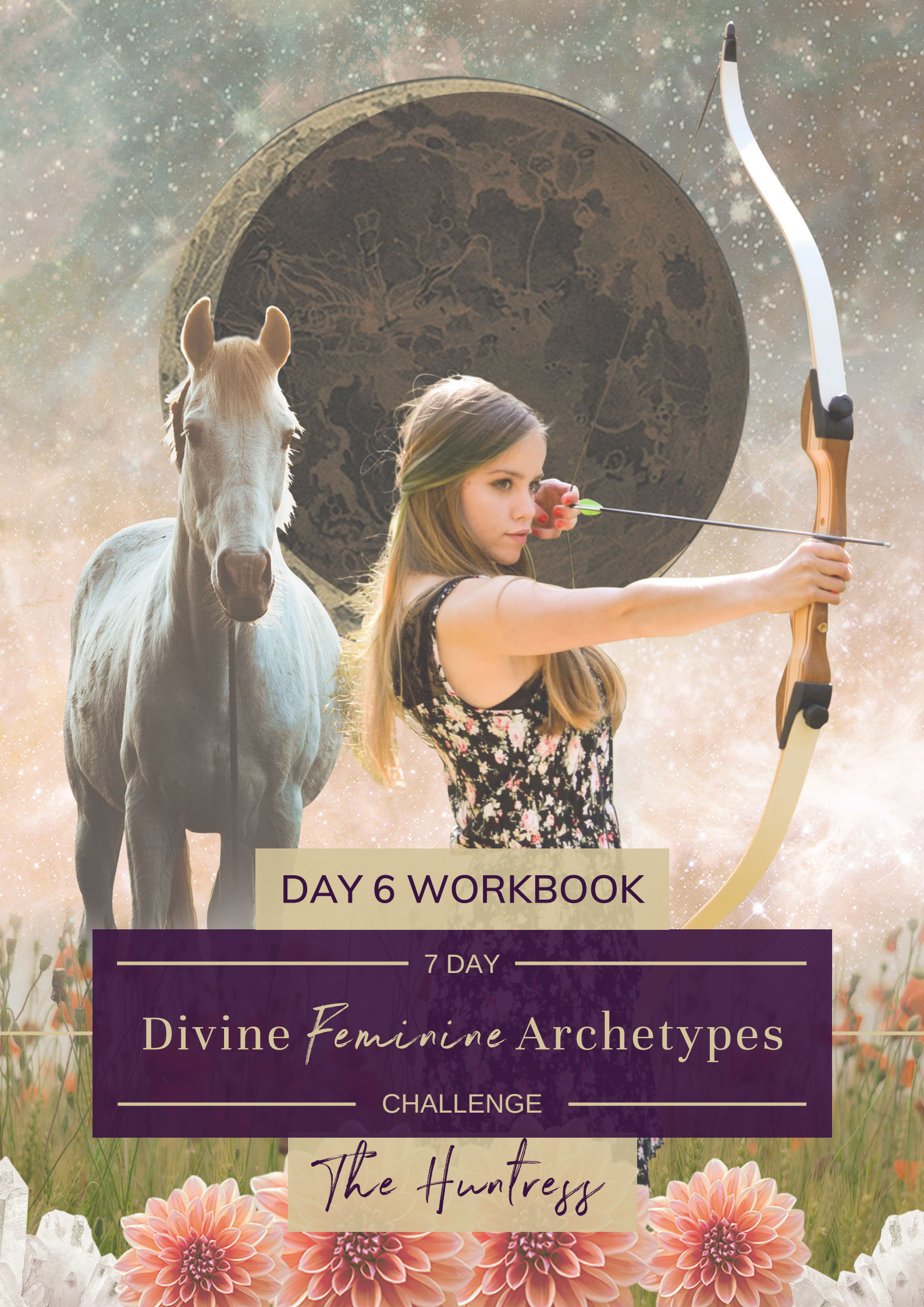




DAY 6 WORKBOOK

7 DAY

Divine *Feminine* Archetypes

CHALLENGE

The Huntress



This Week's Schedule

Be sure to pop these dates somewhere you know you can't miss 'em!

8:00am

Head to your inbox... you've got mail! This is where you will find your workbooks each day.

8:30am

Open up that workbook gorgeous, juicy journaling prompts await!

12:00pm

Check in with the Facebook Group, there's so much cosmic conversation going on in there that you don't want to miss.

2:00pm

Have you been posting about The 7-Day Divine Feminine Archetypes Challenge? Remember there are Daily Giveaways up for grabs just for sharing how much you're LOVING this work!

4:30pm (GMT)

8:30am (PDT)
11:30am (EDT)

Join Mel inside our exclusive Facebook Group or Instagram Live for a deep dive into our daily work.

8:00pm

Think about how to put today's lessons into practice. What goals need setting? How can you apply more self-care to your life? What key things have you learned today? Journal them down and sit with the answers in meditation.

The Huntress

Qualities of The Huntress

She is driven by her fierce focus and is clearly goal-oriented using her independence and courage to lead the way. Above all else, freedom is her desire and she will stand up for herself and value every opportunity to get there.

How to Embody The Huntress

Goddess, it's time to pack your bag and go on an adventure to mindfully hunt for that which you want the most. Why not sharpen up a skillset or simply go hard in your next workout? This archetype empowers you to be a goal-getter, use it well.

The Shadow Side of The Huntress

Due to your proud independence, you may resist vulnerability or intimacy and therefore struggle with relationships.

Mantra to help rebalance Huntress energy:

I am both a fierce warrior and a sensual goddess.



8 Signs Your Huntress is Out of Balance

- 1. You find it difficult to ask for help or depend on others to be there for you
- 2. You can struggle to release control
- 3. You sometimes feel resistance to bonding with other women, you may prefer to spend time with men
- 4. You sometimes prioritise your mission and your purpose above relationships
- 5. You protect yourself so fiercely that sometimes you put walls up around your heart.
- 6. You may struggle with intimacy or with sexual polarity in relationships.
- 7. You're so independent and don't need a man, but sometimes you can push people away, when you deeply crave connection.
- 8. You can find yourself competing with other women.

Ways to Rebalance the Huntress

Evoke more Lover energy into your life, connecting with self, others, opening your heart to love, pleasure and sensuality.

Evoke more Mother energy into your life; prioritising nurturing others, caring for relationships, practice slowing down and giving yourself a break.

Evoke more Wild Woman energy by connecting to the spiritual and mystical realms, to help remind you that there is more to life than the physical plane.

Find yourself a sisterhood of female friendships that will support you and that you can show up for. Nurture and nourish these relationships just as much as you nurture and nourish your mission.

Homework

How do you understand The Huntress archetype?



Where is this archetype showing up for you right now in a positive way?

Where is this archetype showing up for you right now in a negative way?

List 3 ways in which you can work to rebalance or nurture this archetype:

1.

2.

3.

Homework Task

Share your answers above with the group, in a post inside the [Facebook Group](#), or share what you're doing to work with The Huntress archetype today within your post on Instagram!

Remember, if you're taking part in the competition to win some AMAZING prizes, tag me in the post on Instagram ([@iammelwells](#)), and use the hashtag [#ArchetypesChallenge2021](#) so we can easily find your shares!